

Many of us are now experiencing depression or anxiety: Here's How to Recognize the Signs and Get Help

Nearly one third of adults in the U.S. now show signs of clinical levels of depression or anxiety, according to the National Center for Health Statistics (NCHS). For some, it can be difficult to know when to reach out for professional help. Please consider contacting the EAP for support, at 877-313-4455, if you're experiencing any of the following:

- a traumatic event or vicarious trauma leads to prolonged symptoms of re-experiencing (flashbacks, nightmares), avoidance (of thoughts, people, situations), negative thoughts and mood (shame, fear), and arousal & reactivity (irritable, angry, reckless, issues with concentration or sleep).
- anxiety causes you to worry excessively in intensity, frequency, or amount of distress it causes, or when you find it difficult to control the worry (or stop worrying) once it starts.
- you are feeling little interest or pleasure in doing things you once enjoyed, or you are feeling down, depressed, hopeless, or are having thoughts of suicide.

In the NCHS survey, Black and Latinx/Hispanic adults were more likely to report anxiety or depression than whites or Asians. This tragic yet unsurprising result makes sense, given the harsh realities and impacts of longstanding systemic racism in our country coupled with the disproportionate health and economic burden of COVID on BIPOC. Know that EAP is committed to and is actively working to dismantle oppression within our program and services. We wholeheartedly support your right to have a safe space in counseling, and you are welcome and encouraged to ask for a counselor who identifies as a person of color—we will do our best to accommodate your request.

For additional resources, check out our COVID-19 Resources and Racism & Mental Health Resources pages.

Remember: you are irreplaceable, and your mental health and wellbeing are precious. Don't hesitate to reach out to us, at 877-313-4455.

Available EAP Services:

[Access EAP Services](#) | [Suicide Prevention Resources](#)

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WASHINGTON STATE

Featured Live EAP Webinar: Navigating Change in Challenging Times

In our ever changing world, learning how to navigate change is an essential skill—one that can be developed. In this webinar we'll talk about the impact of change, actions you can take to navigate change based on your unique response to stress, and resources available to support you.

Wednesday, July 8, 2020 3:00-4:30pm [Register](#)

Tuesday, July 14, 2020 10:00-11:30am [Register](#)

Friday, July 24, 2020 8:30-10:00am [Register](#)

Tuesday, July 28, 2020 3:30-5:00pm [Register](#)

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Covered by PEBB or SEBB?

Use SmartHealth to Support Your Mental Health

If you have medical coverage through SEBB or PEBB...the SmartHealth wellness platform is another free tool that you can use to help support your mental health and wellbeing. SmartHealth offers a wide variety of free activities that help reduce stress, build resiliency and increase connections. And, you'll earn points for each activity you complete -- if you earn 2,000 points by November 30, 2020, you'll qualify for the **\$125 wellness incentive** (for most, a \$125 deduction to your 2021 medical plan deductible).

For example, through the following SmartHealth activities you can earn 100 points and:

- Build a mindfulness practice with the video series: A Beginners Guide to Mindfulness
- Learn how to increase your happiness through "Offered by Yale: The Science of Well Being" course
- Become more knowledgeable about COVID through "COVID Resources: Plan, Prepare, Respond"

To find out more, go to your [PEBB](#) or [SEBB](#) SmartHealth benefit page, or [login to SmartHealth](#) to get started.



How to be a Good Ally

(Adapted from the Department of Enterprise Services' "DES Daily" blog)

Creating a supportive and accepting environment allows everyone to bring their true selves to work. We can extend our recognition of Pride Month and commit to supporting LGBTQ+ folks all year-round, and we can amplify and support the movement for Black lives by asking ourselves:

What does it mean to be a good ally?

The State of Washington's [Rainbow Alliance and Inclusion Network \(RAIN\)](#) helped outline things you can do:

Listen and learn

Have an open mind and listen without judgement:

- Let those who are marginalized take the lead. Listen to their direction and work with them to support their needs.
- Don't get defensive or discouraged when you get things wrong. You're going to make mistakes, and that's okay.

Have empathy

Being a good ally means having empathy and compassion for people whose experiences are not your own – it's not about you, it's about how to support achieving equality.

Be vocal and visible

A large part of being an ally is being visibly vocal about it and shouldering some of the burden of educating others. Use your voice to advocate for others, even when it may be uncomfortable.